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Christian Science Sentinel

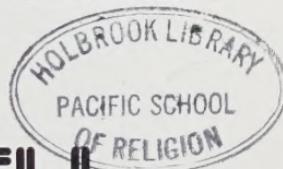


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"What I say unto you I say unto all, WATCH."—Jesus



FOCUS:

IDENTITY

You're very special

God's man is original—
never duplicated

Identification that heals

- 1441** *“Who am I?” John J. Selover
1445 *God’s man is original—never duplicated Peter B. Vanderhoef
1448 *Keeping up appearances William E. Moody
1450 *Why do I exist? Ruanne Y. Gentry
1453 Always perfect (Poem) Brett L. Stafford
1454 *You’re very special Geraldine Karp
1456 The “very good” of me (Poem) Carol Masner
1457 Freedom from contagion Mary Mona Seed Fisher
1460 Your love is always needed Eva Anneliese Seidenzahl
1464 PERSPECTIVE ON THE NEWS
1471 Being (Poem) Bryan G. Pope

EDITORIALS

- 1466** *What gives you form?
1469 *Identification that heals

FOR CHILDREN

- 1472** Claim it—it’s yours! Carole Trotter Ames
See testimony, page 1481

TESTIMONIES AND NOTICES

- 1476** *Testimonies of Christian Science Healing
1484 Christian Science Lectures

*Focused on “Identity”

Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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"What I say unto you I say unto all, WATCH." Jesus

"Who am I?"

JOHN J. SELOVER

"Who am I?" "Where did I come from?" "What is my purpose and destiny?" "Why do I exist?" "When and how did I begin?"

Many people are asking these and similar questions. In answer some may think of man as descended from monkeys. This hardly dignifies one's life hopes. And to consider Eden's dust as man's origin necessitates seeing that senseless source as his ultimate end. Some are seeking their roots in a personal, ancestral background, circumscribed by genes and other biological or environmental factors; but this gives the future little ultimate promise.

The answer to the question "Who am I?" may come to the person searching for spiritual reality this way: "You are God's individual, purposeful expression. You are not matter-born."

This answer may seem preposterous to one seeking his place and happiness in the human scheme of things. But as he learns to reason from a spiritual standpoint, he will discern his true na-

ture, characterized by activity, happiness, and love. Christian Science has a hopeful and practical but also spiritually satisfying explanation of one's true being, purpose, and destiny.

It is obvious to one who is spiritually attuned that there is an intelligent, causative Principle, or Mind, of all being. If there weren't, it would be impossible even to ask serious questions about one's purpose and place in life. Paul, speaking on Mars' Hill to the inquisitive Athenians, said, "God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things."¹ Since there is a primal and perfect cause of all true being, a cause that "giveth . . . all things," one should not be content to accept a mortal, material view of existence. He should search beyond the variable, temporal concept of his identity to find the answers to the who, what, when, where, why, and how of his being.

Starting from a spiritual base, one discovers that a good cause, a loving God, could hardly have within His being any evil or mortal effects. Like a ray of light that shines from the sun, emitting only the sun's nature, so man can only reflect God's perfect wholeness.

God requires each idea for His completeness. Each idea is infinitely and specifically identified by God. As one accepts his nature as actually being God's necessary reflection, he sees that his identity is eternal and unquestionably harmonious and purposeful. As idea, he is uniquely expressing God's complete nature.

Creation does not originate in the dust and slime of earth. It is not a temporary presentation. And man is not a robot, programmed by mortal and material forces. He is the individual idea of God, invested reflectively with all that is good—with all that God is! As one prayerfully considers his true nature as God's express likeness, he comes to the very threshold of reality, and life's questions are answered. When he asks "Who am I?" he can now say of himself, "I am God's useful, inexpendable formation." For answer to "What am I?" he can say, "I am God's

individual identity, endowed by Him with a distinct purpose." "Where am I?" brings the response, "I am existent in my Father-Mother's everlasting care and control." To the question "Why am I?" this answer emerges: "I exist to manifest God in ways that are completely unique."

"How," one may ask, "can I express my nature in more satisfying ways?" Not by accepting a mortal mold for oneself—by resignedly admitting the false notion that one is imprisoned in a mortal environment: disagreeable, unhappy, or demeaning. Wherever one finds himself, regardless of his age, race, sex, or social condition, his God-ordained purpose is present. It will appear or be indicated in practical ways as he yields to God's guidance. The appearance may not at first be clearly evident, but it will naturally evolve as he accepts his spiritual sonship with his true source of being, God. Spirit will unfold and lift his life to ever higher levels of usefulness as he earnestly listens for and follows his divine guide.

One's happiness, harmony, and relationship to others improve as the truths of Christian Science are understood and put to use. In *Science and Health with Key to the Scriptures*, Mary Baker Eddy writes: "A knowledge of the Science of being develops the latent abilities and possibilities of man. It extends the atmosphere of thought, giving mortals access to broader and higher realms."² Perhaps one is not currently satisfied with his employment or personal development. Inertia should not be allowed to block his normal progress. He should always be alert and ready for a greater expression of the purpose that God has individualized in man. The hunger for a better, happier, more satisfying life, for improved performance, is consistent with the fact that God has invested in him a forever developing and expanding purpose.

Mrs. Eddy experienced years of struggle and privation in order that the world might feel the practical effects of her God-directed purpose in discovering Christian Science. She could have abandoned her search for Christ, Truth, in order to enjoy a home atmosphere free of toil and struggle. But she was impelled to carry out her God-designed mission. She didn't need to ask, "Who am I?" for she already knew the answer. Because of this, she is known today as the beloved Discoverer and Founder of

Christian Science. She is the author of the textbook of Christian Science, *Science and Health*, and through her writings she remains today the Leader of the movement she founded.

Once a young printer told Mrs. Eddy of his life hopes, which he felt were not being fulfilled. He said he wanted to express more beauty in his work. She replied, as he later remembered, "Have you never realized that if a man has beauty in himself, he can put beauty into anything?"³ The young man became an outstanding designer of beautiful books.

Anyone wondering about his future, his purpose, talents, and mission can start as this young man did—right where he is. Since man's purpose is spiritual, it is ever present—as present as God is—and it must come to light and expression as we draw spiritually closer to God. Paul, writing to the Ephesians, points out: "Unto every one of us is given grace according to the measure of the gift of Christ. . . . And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ."⁴

Since individual purpose is a spiritual gift of God, no one can prescribe it. It unfolds naturally from God as a result of prayerful study and the desire for spirituality. It's normal that spiritual identity find expression in some rewarding activity or work. From the basis that one is actually God's individual and purposeful idea, the answer to such questions as "Who am I?" will be resolved and indicated humanly. The answer that comes from God assures one that he is uniquely and usefully identified in God's eternal scheme of things.

¹ Acts 17:24, 25; ² *Science and Health*, p. 128; ³ William Dana Orcutt, *Mary Baker Eddy and Her Books* (Boston: The Christian Science Publishing Society, 1950), p. 45; ⁴ Eph. 4:7, 11, 12.

God's man is original— never duplicated

PETER B. VANDERHOEF

Why is it that two people exactly alike have never been seen or—for that matter—two snowflakes, blades of grass, or leaves of a tree? Christian Science explains the blade of grass, the leaf on the tree, the star in the heavens—indeed the multifarious beauty and design of nature's handiwork—as hinting at infinity, a quality of God.

God, divine Mind, is infinite. God's infinite nature is reflected in His creation of countless spiritual ideas. Man, as idea, possesses God's qualities, which are identified and expressed individually. The individual expression of God's being is distinct and unique—it can never be duplicated. Mrs. Eddy, our Leader, tells us, "The one Ego, the one Mind or Spirit called God, is infinite individuality, which supplies all form and comeliness and which reflects reality and divinity in individual spiritual man and things."¹

From the human viewpoint, there are many mortal minds and human wills, which often conflict with one another. Mortal mentality inflicts humanity with suffering—with discord, sickness, sin, abnormality, and so forth. But this mind is only the counterfeit of the divine Mind. Mortal mind can't create, destroy, distort, or duplicate Mind's creation.

Christian Science enables us to see through the mesmeric appearance of the physical senses and to utilize the infinite resources that true individuality reflects from divine Mind. The exercise of spiritual qualities—such as love, integrity, and wisdom—makes us more spiritually perceptive, and these qualities enrich our lives. As true consciousness is identified, marvelous things happen. These often appear as what is needed at our present stage of development—for example, a right job, harmo-

nious surroundings, wholesome companionship. As more of the infinite nature of individuality is understood and practiced, one's niche opens up, and we will find that this niche is in harmony with that of others.

In Science we demonstrate that circumstance, pride, and inadequacy cannot interfere with real being. The only true motive power governing us is divine Mind, which asserts itself through its varied expressions, destroying limitation, discord, and abnormality. The harmony and integrity of true individuality continue, because the divine Mind alone creates and perpetuates the infinite variety of all true identity.

We limit ourselves by trying to imitate another or by allowing social pressures to determine our mode of living. Exercising true individuality opens the door of opportunity, expands our usefulness, and enables us to do what is right for us to do. We should be so active expressing true individuality that we haven't time to compare ourselves to others and perhaps feel superior or inferior. Expressing reflected good, we destroy in ourselves any tendency toward greed, envy, or hatred. We stop yearning for the good we see in others.

The false belief that there are many minds instead of the one divine Mind, reflected infinitely and variously, causes many difficulties. With the spiritual understanding of being we can destroy misunderstandings, hurt feelings, unhappy memories—any suggestion of the carnal mind that claims to deplete our joy and well-being. Spiritual good cannot be measured by the condition of human circumstances or the dispositions of others. Real being includes no discontent, frustration, or disappointment. Our Leader says, "Science shows that a plurality of minds, or intelligent matter, signifies more than one God, and thus prevents the demonstration that the healing Christ, Truth, gave and gives in proof of the omnipotence of one divine, infinite Principle."²

Someone might ask, "But what about cloning, the biological process that duplicates animals and might some day duplicate people?" To create a human being who is the exact duplicate of the one who provided the cell means only to duplicate the body, as biologists themselves point out. This certainly would not represent divine Mind's creation. One human being, or two, creat-

ing another mortal in no way resembles God's creating of man in His own likeness. If a person were duplicated, this pseudo creation would include all the physical limitations of its counterpart.

Can character be duplicated?

Can spiritual individuality be duplicated?

What should concern us all is how to bring out a higher, more spiritual selfhood. When we acknowledge divine Mind as the only Ego, we begin to replace carnal-mindedness with divine Mind's ideas. Then we are on the way to realizing real individuality—unlimited in spirituality and understanding. Our motives and aims will conform more and more to the mandate of divine Principle. As the human mind is brought into subjection to God's law, its negative influence is destroyed. True progress is spiritual, showing us the harmony and spiritual potential of real individuality.

Christ Jesus exemplified God's power as no other has done. His distinct role can never be duplicated. What made the Master so original was the depth of his expression of the Christ. This God-derived power, seen in his works, evidences the obedient oneness of the Christ-idea with the divine Mind. Jesus' awareness of the power of divine Spirit enabled him to prove the supremacy of God's healing law over material resistance. He explained his spiritual relationship to God in these words: "The Son can do nothing of himself, but what he seeth the Father do."³

Mrs. Eddy writes in *Pulpit and Press*, "Is not a man metaphysically and mathematically number one, a unit, and therefore whole number, governed and protected by his divine Principle, God?" She adds: "You have simply to preserve a scientific, positive sense of unity with your divine source, and daily demonstrate this. Then you will find that one is as important a factor as duodecillions in being and doing right, and thus demonstrating deific Principle."⁴ True individuality exemplifies uniqueness and fulfillment. Any theory based on the duplication of an individual, or claiming that everyone is the same, is gross limitation and is contrary to divine Mind's infinite design.

¹ *Science and Health*, p. 281; ² *Christian Science versus Pantheism*, p. 7; ³ John 5:19; ⁴ *Pul.*, p. 4.

Keeping up appearances

WILLIAM E. MOODY

Constant preening or a preoccupation with fashion and personal grooming can conceal real beauty and grace. Maintaining a natural, normal appearance is certainly appropriate; but the kind of attention that approaches a worship of the physical body needs rethinking. Realizing more of man's true spiritual nature as the beautiful expression of Soul can help free us from an overburdening concern about outward appearances.

Much of today's mass media and commercial advertising promotes an artificial standard or norm for physical beauty and attractiveness. The public spends much time, money, and misdirected energy hoping to get hold of this glamorous ideal; but the standard is unrealistic. Most of us don't measure up to the physical appearance commonly portrayed as beautiful. So the resulting frustration and feelings of inadequacy drive many to a low estimation of their own worth. Still, the come-on continues—and more time and resources are wasted trying to achieve some artificially created "look." To heal this false emphasis on materiality requires surrendering material self-absorption and accepting a more spiritual standard for thinking and living.

Christ Jesus tells us to give up anxious thought-taking about physical appearances—what we "shall put on." He assures us, "Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."¹ As we learn to appreciate the lasting significance and power of his words, we won't let material objects and desires control our happiness and sense of well-being. True beauty is found in the authentic nature of man as the image of God. An awareness of this truth can brighten human character with at least a glint of the real gemstone, en-

hancing not only the way we appear but also the way others appear to us. The beauty of Christ begins to shine in our life.

This leads to another aspect of appearances—how we see others. In large measure, how we view our fellow men and women has a direct impact on how we view ourselves and, in turn, how we appear to others. The spiritual qualities that man embodies are universal, though expressed individually. No one is excluded or shortchanged: love and true loveliness, good and true godliness, are represented throughout God's creation. Therefore we should look for and pray to discern these qualities in others.

When we are honest and forthright with others, we help them to reciprocate with thoughtful consideration and sincerity. It is the highest honesty to see and love one's neighbor as the image and likeness of Soul. No deception or self-serving attaches itself to this spiritually motivated seeing and loving. As we strive to bring our perceptions of man more in line with genuine being, we begin to put on what St. Paul called the "new man." Mrs. Eddy writes, "What a faith-lighted thought is this! that mortals can lay off the 'old man,' until man is found to be the image of the infinite good that we name God, and the fulness of the stature of man in Christ appears."²

This is the appearance we should be endeavoring to realize and maintain—the Christly stature! Approaching our affairs from the standpoint of consistent, God-centered honesty, we attend to the things that really matter, the things of Spirit. What we see of ourselves and others will more and more agree with what man actually is: beautiful, good, and pure—ever complete as Love's reflection.

¹ Matt. 6:25, 33; ² *Miscellaneous Writings*, p. 15.

Why do I exist?

RUANNE Y. GENTRY

Have you ever asked yourself that question? Most of us have. Possibly no one question has been more puzzling to mankind. A dialogue with oneself might go something like this:

Where do we turn in our yearning to find ourselves, to discover meaning in life?

To God.

But I don't know how to turn to God. I don't even know if there is a God. Besides, what has God to do with me? I'm looking for myself, not God.

You can't find one without finding the other. Man is because God is. Man's function is to demonstrate that God is.

But how do I know God exists?

God must exist because you exist.

No one is ever more sure of anything than he is of his own existence. Consciousness is fundamental. We are all conscious of ourselves. Man—the real you and me—exists to express God. Man is not a mortal personality.

Wait a minute. You mean this "me" sitting here isn't me?

You're *not* mortal or material!

You're you—always have been and always will be. Your being as God's spiritual man exists right where a faulty mortal personality appears to deluded mortal sense.

Human personality is papier-mâché individuality, without real substance. Although a human personality, per se, may appear to have a degree of intelligence, compassion, inventiveness, honesty, and so on, it's flawed, because it also includes negative

elements such as fear, self-doubt, envy, greed, hate. The latter are the fleeting elements that seal mortal man's doom. But only the *mortal sense* of man is condemned. The real you—your spiritual individuality—is immortal. Spiritual individuality is included in Christ, the true idea of God.

The term “spiritual man” seems so nebulous. I don’t want to give up form, substance, and feeling.

You don't give up anything but the false when you discover man to be God's image. As a matter of fact, you discover imperishable substance to be Spirit, God, including all faculties, beauty, and individuality. To put it another way, you trade in your concept of substance as matter for a new, higher concept of substance as Spirit. You translate your so-called corporeal personality into pure, original individuality in God's likeness. And, along the way, you progressively drop belief in matter, with its limitation, disease, and mortality.

Where do I start?

By forming a clear picture of what man is as God's reflection. Man is the spiritual creation, the idea, of divine Mind. As idea, man dwells forever at one with his creative Principle. He lives in Mind but is not absorbed by Mind. He remains throughout eternity an individual conception with distinct character, unique purpose, all defined and maintained by his Mind, God.

Man is as indestructible as God is. God is cause. Man is effect. God must express Himself individually, for He is infinite individuality. In answer to the question "*Do you believe in God?*" Mrs. Eddy states: "I believe more in Him than do most Christians, for I have no faith in any other thing or being. He sustains my individuality. Nay, more—He *is* my individuality and my Life. Because He lives, I live."¹

That’s a different way of looking at individuality. But can I apply it?

You can't help applying it!

Since thought is the essence of all life and activity, what we

are thinking directly affects our experience. When we accept the fact that God constitutes our individuality, we learn to yield the instability of human ego to the divine Ego, or I AM, which reveals itself in our lives. In effect, then, the divine purpose becomes apparent as our purpose. Yielding to the divine will, we find our progress ordered by God.

Understanding our identity to be motivated by pure Mind, we find that our capacities are enlarged, our self-discipline becomes more natural, and our mental and physical endurance is enhanced. We don't feel so alone in our efforts. We grow more accurate and efficient. Excellence becomes achievable and our worth more evident.

Where does this leave me in relation to my fellowman?

Once we begin to feel secure about our own individuality, we see others in a better light because of our improved concept. We realize that the law of our being is law to all individuality. "In Science all being is individual; for individuality is endless in the calculus of forms and numbers,"² Mrs. Eddy tells us. And, even though each of us has to work out his own salvation, we can have a helpful effect by knowing God to be the Mind and Life of all.

Tell me how this might be more specifically applied.

The spiritually grounded thinker, sure of his value, will not be tempted to fall for elusive hopes—the empty escape hatches offered by materialism in the form of sense indulgence or dependence on stimulants or drugs of various kinds.

In Christian Science we discover God to be the ever-adequate provider of all good, bringing opportunity, companionship, and supply directly into view here and now. Because God is our Mind and is the only genuine power, holding the universe in order, His love acts as law to personal and business interactions, to race relations, and to international agreements. Knowing this, we bring a healing force to bear on our surroundings.

The first commandment says, "Thou shalt have no other gods before me."³ I'd never thought of it before, but personalities are little gods.

Yes, when you think of persons as beings separate from God. But we can redeem personality from the destructive elements of self-will inherent in mortal ego. Spiritually defined, personality is no other than the expression of the one infinite Person, God.

God is not anthropomorphic but infinite. It follows that man, His reflection, is not packaged in mortality—limited by material body or mind. He is the ever-developing manifestation of the divine Person, God, and includes only Godlike characteristics. Each of us is the spontaneous offspring of all-inclusive Soul.

Mrs. Eddy explains how the Christian Science viewpoint differs from the usual theological concept. She says, "Our departure from theological personality is, that God's personality must be as infinite as Mind is." In the same paragraph she emphasizes, "That God is either inconceivable, or is manlike, is not my sense of Him." And on the next page, "Scholastic theology makes God manlike; Christian Science makes man Godlike."⁴

A Godlike man! Then there's no reason why I can't realize my full potential, is there?

Absolutely none! Your spiritual identity is secure and fixed in Mind forever. It's yours to demonstrate.

¹ *Unity of Good*, p. 48; ² *Miscellaneous Writings*, p. 104; ³ Ex. 20:3; ⁴ *Message to The Mother Church for 1901*, pp. 6-7.

Always perfect

Man is not in sharp strife
to somehow *put on* perfection—
because he is exactly there,
by brilliant reflection!

BRETT L. STAFFORD

You're very special

GERALDINE KARP

Late one night I watched a television talk show on "the pros and cons of being beautiful, average, and below-average looking." A panel of six beautiful, average, and below-average looking people talked about their experiences. During the first commercial I began my own self-evaluation. I was sure my mother (like most mothers) would put me in the "beautiful" category; my friends would probably consider me "average"; and my sister, who always manages to see room for my improvement, would be likely to consider me "below average." As the television show continued, all I could think about was how great it would be to look like the model chosen to represent beautiful people. "If only I were as thin as she," I thought. "If only I hadn't cut my hair. If only . . ." The list went on and on. By the time the show was over, I was thoroughly depressed. So in order to get myself out of it, I began to reason from a spiritual standpoint.

"God created you to express perfect form—spiritual. You're not made of flesh and bones, with tons of extra flesh sitting on your hips." Now, there's a tremendous difference between making a statement and actually understanding it to be true. That was my problem. I was stating these metaphysical truths without believing one single word of them. And I remained swinging on this mental pendulum between Spirit and matter until this thought came soaring into consciousness: "God knows the truth of your spiritual perfection. He doesn't have to believe it. *He knows it.*" All of a sudden, I stopped swinging back and forth between metaphysical truths and mental images. I held to the fact that because God is Mind and He knows all, I could only be conscious of what He knows. God sees man as spiritual, because He is Spirit. And He sees man as beautiful, because basic to Spirit, Soul, is beauty, and all true identity is created in Soul's

image. At that moment I no longer wanted to look like that model. I began to understand what a privilege it was to know myself as spiritual.

So many of us either long to be like someone else or long to associate with those we want to be like. We choose our model, our ideal person, and are then held in the frustrating bondage of daydreams and fantasies.

In many ways we're not so different from the people of ancient times who worshiped the statues of gods and goddesses. We may wonder how people could have been so gullible. But what about thousands of years from now? What will be said of those who make idols of people because of their looks and popularity? Movie companies splash their golden beauties on posters and talk shows, sports teams publicize their supermen and superwomen, and the music industry campaigns to make its performers the kings and queens of disco, country, and rock. There's nothing wrong with admiring someone's talents and achievements. But when this respect turns into goo-goo-eyed adoration and causes us to spend our time longing to imitate instead of discovering our own uniqueness, we've fallen victim to idol worship.

We all want what's genuinely valuable and satisfying. And we have a right, as children of God, to the best. But if we're ever to have the kind of good that can't be taken from us, the good that blesses us as well as others, we've got to understand where everything of true value comes from. Through Christian Science we learn that God is the source of all that's worthwhile and real. And man uniquely expresses that source. We see Him shining through in our human lives when we recognize that the source of good *is* God—not man, not luck, not circumstance, not ourselves. Our Leader, Mrs. Eddy, gives us very wise counsel: "Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts."¹

"Well," you might be thinking, "if God is so good, then how come my social life is such a flop while my friend's is so active?" The answer is simple. The problem lies not in the goings-on of

someone else's life but in our own misconception of ourselves as inadequate, struggling mortals. God is impartial in His giving, because God is Love. Jealousy runs directly counter to those truths. It tries to make us believe that God is not the Father and Mother of the universe and that we are not His heirs. God is the King. Each individual of His creating is a divinely royal member of His kingdom. But unless we identify ourselves and others with this spiritual kingdom, we can't claim our inheritance of joy, activity, and health.

The Bible says, "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning."³ So shout for joy within, until the walls of your prison are shattered. Idol worship, daydreaming, and frustration will melt away when you see yourself in the light of your spiritual perfection. What's more, you'll discover a very special person with this newfound understanding.

You'll discover yourself.

¹ *Science and Health*, p. 261; ² James 1:17.

The “very good” of me

Softly now and with deepest tenderness
I let unfurl in thought
what God beholds of me and truly knows—
the holy beauty of my being.

In breathholding silence
the vision is reached for.
There, in quietude, emerges
this “very good” of me.
Refreshed and reassured, I let it
tumble light-clad into my day.

CAROL MASNER

Freedom from contagion

MARY MONA SEED FISHER

The whole concept of immunity is human, not divine. The need for immunity implies the existence of something from which we need to be protected. Yet, spiritually speaking, can we be harmed? Did God create anything that could pose a threat to His children—children He loves? Does anything exist that God did not create?

The answer to all three questions is an emphatic *no!* Man cannot be harmed, because God made everything that exists, and, as Genesis 1 states with profound simplicity, “God saw every thing that he had made, and, behold, it was very good.”¹

Immunization and contagion: If we accept the need of the former, we must also admit the existence of the latter. Yet, neither has an origin in God. In reality there is no contagious disease in the first place, from which we need to seek immunity in the second place.

Why, then, do so-called contagious diseases seem to pass from person to person? Mrs. Eddy answers this in *Science and Health*: “Disease arises, like other mental conditions, from association. Since it is a law of mortal mind that certain diseases should be regarded as contagious, this law obtains credit through association,—calling up the fear that creates the image of disease and its consequent manifestation in the body.”²

Not material but mental contact brings about disease and its subsequent results. Contagion is mental, not material. But we can’t stop there. To simply shift the cause of disease from physicality to thought would leave us feeling still vulnerable. Our answer is not to reassign this seeming cause, but to destroy it. Because disease lacks a divine cause, it has no real cause and therefore no true substance.

Yes, disease is powerless. But that’s not to say we should ignore it. We need to exercise scientific prayer. This is the most

effective protection. While Christian Scientists seek exemption from inoculation where law permits, we don't see this step as an end in itself. Our aim is to prove the nothingness of disease. We do this through an ever-increasing understanding of God's allness and a routing of the material beliefs that promote physical difficulties.

Here's an example.

A Christian Science practitioner received a call from a grandmother who was to chaperon a troop of Girl Scouts for an overnight camping trip. One of the girls was the chaperon's granddaughter. A member of the troop had just been examined by a doctor, who said she had measles. The troop had been working together closely for a couple of weeks, and there was fear of a spread of the disease.

After researching Mrs. Eddy's discussion of contagion, the practitioner saw quite clearly that contagion was essentially an erroneous concept, accepted into thought and perpetuated by fear. She reasoned further that there is no consciousness outside God, divine Mind. There is but one intelligence. Divine Mind knows only good and knows nothing of disease. Man expresses this Mind and no other. That leaves no place for the false concept of contagion to exist.

Both prevention and healing resulted. The grandmother called back later to say that none of the girls had contracted measles. The girl previously examined by the doctor recovered so quickly that he was amazed. Not only the granddaughter but the entire scout troop was protected.

The Christian Scientist doesn't ignore disease. He deals with it in the most effective way—through alertness to generally accepted claims about disease and consecration to the prayer that annuls these claims. Even a few moments of prayerful thinking are beneficial.

Reports of disease and contagion may reach us daily from a variety of sources. We can defend ourselves the moment such information comes to our attention by knowing that man is not made and maintained by flesh. He's a spiritual identity, as exempt from disease as God is.

And what if a contagious outbreak has already occurred?

What if we have caught the disease? It's still not too late to bring the power of Truth to bear on the situation.

Christ Jesus is recorded in the Gospel of Luke as having healed ten lepers instantaneously.³ The prophet Elisha released Naaman, commander of the Syrian army, from leprosy.⁴ Moses saw the power of Spirit demonstrated to him when a leprous hand was quickly restored to normalcy.⁵ All of these illustrate the potency of Truth right where disease appeared evident.

It doesn't matter how long a disease has seemed valid, since time is not a factor in healing contagion or its effects. There is no incubation period, no course for disease to run, no after-effect. The entire dream of illness evaporates as we awake to our spiritual security.

This awaking comes through Christ revealing the truth of God's man. The radiance of this understanding eradicates fear and reveals man as completely shielded from sickness and discord. Our Leader, Mrs. Eddy, speaks of this in a Christmas message that has year-round significance: "The star that looked lovingly down on the manger of our Lord, lends its resplendent light to this hour: the light of Truth, to cheer, guide, and bless man as he reaches forth for the infant idea of divine perfection dawning upon human imperfection,—that calms man's fears, bears his burdens, beckons him on to Truth and Love and the sweet immunity these bring from sin, sickness, and death."⁶

We can rejoice in the utter powerlessness of disease beliefs and the powerful all-presence of the divine consciousness. Knowing that we are held forever safe in Mind, we find complete freedom from contagion.

¹ Gen. 1:31; ² *Science and Health*, p. 154; ³ See Luke 17:12-14; ⁴ See II Kings 5:1-14;
⁵ See Ex. 4:6, 7; ⁶ *Miscellaneous Writings*, p. 320.

Your love is always needed

EVA ANNELIESE SEIDENZAHL

It was the middle of the night. In an upstairs apartment a woman was screaming, and a child was crying desperately. With all my conviction I was declaring to myself the omnipresence of the Christ, the expression of God.

Christian Science teaches the eternal harmony of God's creation, of the only creation there is. This harmony is a spiritual fact, proved in human experience when the picture of blundering, suffering mortals is rejected and spiritual man is recognized as the man God created—the only man existing. Individual man is the individual idea of divine Mind and subject only to God's law of unchanging perfection. Mrs. Eddy writes, "The relations of God and man, divine Principle and idea, are indestructible in Science; and Science knows no lapse from nor return to harmony, but holds the divine order or spiritual law, in which God and all that He creates are perfect and eternal, to have remained unchanged in its eternal history."¹

Suddenly I sat up straight. Previously, when similar disturbances had reached me, I had tried to help through prayer. But now I realized that I had, in effect, been praying *for* the child—and in a subtle way against his mother.

But, as divine idea, *everyone* has indestructible relations with God! Everyone remains forever perfect. In "the divine order or spiritual law" there can be no opposing parties, neither villain nor victim, neither inflicter nor sufferer.

This mother and her child could both be considered victims of unfavorable conditions, of disadvantage, and of a whole assortment of mortal beliefs and prejudices rampant in our society today. Most of us would be inclined to pity the child and to be outraged by the mother's behavior. But human explanations

and reactions are not healing agents. That night the uncomfortable question came to me: When there is war and terrorism in the world, crime in the streets, abuse within families—who is guilty? Is it those who are acting out darkness? Or is it also those who, having perceived the light, are nevertheless content to use it only for brightening their own corner?

If we react to the troubles of the world with indifference, condemnation, indignation, disgust, despair; or if we brush them aside with a merely superficial acknowledgment that they are not part of God's reality, we are doing less than we can do. We need to strive to recognize in everyone we see or hear about the genuine, spiritual idea of God Himself; to respect and treat each one accordingly. If we strive to express more and more of the Christly nature—the only true nature we really have; if we endeavor consistently to discern the spiritual fact behind any mortal, material evidence we are faced with, we are actively overcoming error and are therefore becoming part of the healing solution to the staggering problems of the world.

While the distressing sounds continued that night, I felt, as I had never felt it before, the need of the world for the salvation that can come through Christian Science. Knowing that the Christ has power to fill every consciousness with truth, that Love is mighty to make itself felt in every heart, I went upstairs. As I waited in the hall to know whether or not I should go in, there was a sudden change of tone. "Sit down," the woman was saying. "I'll give you something to eat."

Since then mother and child have moved away, and I have moved. But when they come to thought, I know that all, including that mother and her child, are in God's care, under "the divine order or spiritual law."

Child abuse, like other crimes, is said to have certain causes: poverty, frustration, anger, selfishness, intolerance, or the use of alcohol and drugs that impair self-control and judgment. Many may think they have never lashed out at anyone—not even in thought or word. But if warfare and suffering are to cease, self-righteousness can't help. Evil has no place or right within the absolute perfection and eternal goodness of God's universe.

There is no outside to this spiritual universe from which evil could operate. We need to know this, and above all we have to initiate and pursue consistently a process of individual renewal within ourselves.

When we consider our own lives, we will recognize many manifestations of divine Love: healings, joy and affection, provision, protection, abilities, and understanding—these are proof of God's caring love for us as His children. From this wealth we can draw conviction as we draw interest from a bank account. And we can reinvest this interest in our affection for mankind.

Through a more acute awareness of God's love for us, through the conscious development and more active use of the good qualities He gives us to express, we strive to overcome the subtle and not-so-subtle errors that would cling to human character. Animosities and fears, excuses for indifference, violent tendencies, and self-glorification need to be seen, rejected, and actively replaced with the expression of kindness, courage, care, confidence, and humility. These God-derived qualities are actually already ours.

Spiritual man is the outcome of Mind's beholding. On this basis we can be and express more of what we really are. We can purify our consciousness until it becomes out-of-bounds to strife, prejudice, accusation, contempt, evil imagination. We can make our thought a place of refuge for all, where everyone who enters is recognized as an idea God knows and cherishes, and where the problems of the world are brought into contact with the eternal truths of God's creation.

Out of the sincere struggle to combat from within the lovelessness and negativity that would sometimes appear to be overpowering can grow an increasing ability to love everyone as the child of God he already is. This means loving not just in theory but with all the compassion and uplifting joy that belong to the Christ—your, my, and everyone's true spiritual nature.

A labor of love is required—not so much for our own benefit or honor but for the salvation of mankind. Because we are endeavoring to obey the scriptural command to "love one another with a pure heart fervently,"² we can claim the protection of

Principle, the intelligence of Mind, the energy of Spirit, the strength and assurance of Love.

Whether an ambulance is going by, whether there are catastrophes, whether we witness a battle of fists or of minds, our love is always needed. Not a theoretical, romantic, or pitying kind of love but the love that persistently corrects the outward picture of mortality and perceives, restores, and confirms in human consciousness what Mind eternally beholds.

Spiritual facts, applied, have the power to transform us and the world. Our thoughts can have a calming, correcting influence, and our actions can prove the love of God. We should be mindful of this advice given in the Bible: "If a brother or sister be naked, and destitute of daily food, and one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? Even so faith, if it hath not works, is dead, being alone."³ As our understanding of Christian Science deepens through study and application, our duty increases to use what we know on behalf of all mankind. Mrs. Eddy writes, "Truth talked and not lived, rolls on the human heart a stone; consigns sensibility to the charnel-house of sensuality, ease, self-love, self-justification, there to moulder and rot."⁴

Can Christian Science help heal the world? Mrs. Eddy explains: "A real Christian Scientist is a marvel, a miracle in the universe of mortal mind. With selfless love, he inscribes on the heart of humanity and transcribes on the page of reality the living, palpable presence—the might and majesty!—of goodness. He lives for all mankind, and honors his creator."⁵

The peasant in Cambodia is as truly our brother and subject of our concern as the child next door or a friend. The truth of his being is the same as the truth of ours. And because this is the spiritual fact, it is our duty to *know* it. In reality, we are one and all subject only to "the divine order or spiritual law," and we all experience one unchanging harmony.

¹ *Science and Health*, pp. 470-471; ² I Pet. 1:22; ³ James 2:15-17; ⁴ *Miscellaneous Writings*, p. 293; ⁵ *ibid.*, p. 294.

Helping the homeless

The discomfort we feel hearing reports of homelessness throughout the world isn't all bad. They should stir us. We can respond to them on the basis of Truth's demand for progress, and this demand is always felt inwardly. "Discomfort under error," writes Mrs. Eddy, "is preferable to comfort."¹

The discomfort of the world as it watches the plight of Vietnamese refugees has stirred it into action. Following a world conference, the United Nations has taken steps to work with the Vietnamese Government. Many countries are now allowing these refugees to immigrate. But the world still must find even more effective and permanent solutions for these refugees and others, such as the thousands of Cambodians fleeing civil war and crossing into Thailand, itself already overcrowded with refugees. There is a spiritual answer to homelessness, and Truth perpetually demands that each of us find it. In reality, man has never left the embrace and government of divine Principle, God. Christian Science reveals that man is the idea of Principle, the tenderly maintained object of Love. This manifestation is spiritual and complete and controlled by its Principle.

Within the truth of man's relationship to God lie the answers to all questions about home—whether the searchers are a single family or a virtual nation. Man, the compound idea, or image, of infinite Mind, actually has all he needs. Conceived in completeness, Mind's creation expressed in man is active, useful, fully endowed. Every idea fits distinctly and perfectly in Mind's infinite design and remains there. The absolute, inseparable relationship of man to his divine Principle is forever maintained by Principle. This underlying truth is the basis for demon-

strating divine Love's answer to every human need. There is no ejection of any idea from its rightful place in Mind.

Man's home isn't physical. It's a divine idea, defined by Mind, who blesses man with spiritual activity, harmony, and resources. Home certainly isn't attached to a piece of real estate. As an idea, home exists eternally in Mind and cannot be lost.

Divine reality isn't reserved only for the future. It's here and now the actuality and can be experienced to the degree that we drop the limiting, discordant conceptions of materiality. Knowing man's Life to be Spirit, Christ Jesus proved the immediate practicality of that fact. He showed that spiritual truth must and does manifest itself tangibly whenever thought is imbued with it. Jesus knew that Spirit has room for all. "In my Father's house are many mansions,"² he said. At another time he urged, "Repent: for the kingdom of heaven is at hand."³

Man's oneness with Principle, his true home, must become palpably evident here on earth. And it will, as Truth gains clearer recognition. It's helpful to realize that divine Love, through the Christ always active in human consciousness, is invisibly transforming consciousness. Love causes the fearful and displaced to know both their sonship with God and the surrounding presence and safety of good. Love enables the resentful, and perhaps hesitant-to-help, to find and express their spiritually inherent Love-reflecting—thereby enriching them. And Love gathers the frustrated into the satisfying realization of good's purpose and everywhereness.

The spiritually inspired prayer of even one individual begins immediately to bring the Christ—Truth's idea declaring itself in human consciousness—directly to bear on any difficulty. And as Christ transforms thought, it simultaneously harmonizes the tangible outcome of thought—human life. Human hearts and minds will feel the impulse of Truth, and human lives will be touched by harmony—even though Truth and its effect may be unacknowledged for a time.

There is much each of us can do to help the world's homeless. And we *will* do it as we follow the perpetual urgings of Truth.

¹ *Science and Health with Key to the Scriptures*, p. 101; ² See John 14:2; ³ Matt. 4:17.

Editorials



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What gives you form?

To some, the obvious answer is that matter gives you form. But the obvious answer is the wrong answer. Mind, not matter, gives form.

Sometimes we feel uncomfortable about the size and shape we come in. Too much weight. Not enough weight. Just the right weight—but in the wrong places! And so we may attempt to adjust matter to put ourselves at ease about our body. But if we really want to be more comfortable about our form, we need to understand more about God and our relationship to Him.

God is Mind. He is ever-present, divine consciousness. In truth, man is the expression of pure consciousness. Because Mind is Spirit, man's true being is spiritual. Mind is cause. Man is effect.

To identify man as entirely spiritual is not to relegate him to the status of some nebulous, theoretical, substanceless nobody. Spiritual identity has form. It has outline, substance, color. Real being has these qualities because immortal Mind provides them. An understanding that spirituality is the substance of being brings qualities of balance, symmetry, strength, normalcy, to the physical body.

The reason people often feel dissatisfied with their form is that they are defining it as fundamentally material instead of spiritual. And whenever we wrongly identify ourselves, we sooner or later grow uncomfortable over the mistake.

We can get a better perspective on this question of physical form and true spiritual identity when we see more clearly the distinction between immortal Mind and what Christian Science describes as mortal mind. Immortal Mind is unending, intelli-

gent perfection, the all-knowing God. Mortal mind is finite. The phrase itself describes the false assumption that Mind comes to an end. Mind is eternal—never personal in a limited sense and never terminal.

Identity that derives from immortal Mind is spiritual—substantial and permanent. But form that derives from the belief that Mind is mortal is material—illusory and temporary. Spiritual identity—the only identity we truly have—is the individualized expression of Mind, including such qualities as order and beauty.

Mankind generally defines mortal identity as flesh and bones. What is physicality, anyway? Is it a kind of substance? Matter is mental—essentially a picture of insubstantial, changeable mortal mind. Matter is not substance: it is the short-lived belief that Mind is mortal. Spirituality is permanent because Mind is immortal and man is the very expression of immortality. "In Science, form and individuality are never lost," writes Mary Baker Eddy, "thoughts are outlined, individualized ideas, which dwell forever in the divine Mind as tangible, true substance, because eternally conscious."¹

If, then, the mortal body is an erring mental state that appears substantial to its own supposed senses, and if true identity is spiritual and perpetual, what are the practical implications? They are immense.

When we are humble enough to yield to the fact that man does not come to an end, that he is not mortal, our bodies are reconstructed with a more spiritual sense of form—that is, a form that results in our being less limited by materiality. For some this may mean a physical body free of excessive weight—free of excess attention paid to what and how much to eat. To another it may mean a happier or more serene or livelier facial expression. For still another it may eliminate a physical deformity.

Because mortality is a supposed state of mental disarray, the admission of our true immortality brings spiritual order to our lives, strength and beauty to our health and appearance. We begin understanding ourselves, and others, as expressive of divine qualities rather than merely forms of physicality. And that

recognition has a strong positive effect on our present sense of identity—even on the physical body.

We can never lose genuine form—only the limitations of mortal thinking. When those limitations are entirely gone—limitations of fear and illness, sin and ignorance—then matter itself progressively loses its appearance of reality, because sick and sinful mortal thinking is the essence of matter. Being becomes no less substantial. We realize it is permanent—that is, we discover that life always was immortal.

As consciousness is transformed, as it lays aside limiting material beliefs and grows toward a fuller sense of reality, even our human appearance undergoes a change. Regarding our life-work of outgrowing mortality, our Leader, Mrs. Eddy, writes, "It means more than mere disappearance to the human sense; it must include also man's changed appearance and diviner form visible to those beholding him here."²

After the resurrection, John tells us, Christ Jesus appeared first to Mary Magdalene. Only after he spoke did she recognize him. Later, when Jesus showed himself to a number of his disciples at the Sea of Galilee, these close friends "knew not that it was Jesus."³ May it not have been a "changed appearance and diviner form" that caused many who saw him to fail at first to realize who he was?

Each of us has a diviner form, a purer appearance. That individuality begins to emerge right in our day-to-day lives as we identify more faithfully with immortal Mind rather than mortal mind. The effect can be felt now. It can be recognized by others now. When we see ourselves as the expression of one divine consciousness, we relinquish aspects of our life that lack goodness, beauty, symmetry, purity. The emphasis on physicality will give way to spirituality.

We can never lose true substance. We can only awake to the fact that true substance is spiritual. Real identity is intact as the expression of Mind, and this individual form and outline will become clearly apparent as our love of Mind grows.

NATHAN A. TALBOT

¹ *Miscellaneous Writings*, p. 103; ² *ibid.*, p. 68; ³ John 21:4.

Identification that heals

We are often called upon to describe ourselves and others, and the way we do it can be very important to the one being identified—it may, even, contribute to healing.

The scientific mode of identification based upon divine Principle indicates that we should acknowledge the spiritual fact that because God is the one creator, and His creation reflects Him and nothing else, each individual is Godlike, expressing the divine qualities, forever spiritual and perfect. But is this all there is to consider when we have to describe ourselves or others in daily life?

If you go on a trip, someone may ask, "When I meet you at the airport, how will I know you?" This is most easily answered in wholly physical terms: "I will be wearing a blue coat and carrying a copy of the *Christian Science Sentinel*." In our limited view of things, we may think this is more practical than the more divinely scientific statement, "You will know me because I am God's spiritual, perfect idea, the expression of His divine nature," though this is the absolute truth of our being and the way a Christian Scientist would always want to think of himself and others.

Then there is the inquiry at the church door: "Have you seen Mr. Brown come in?" The usher may not know Mr. Brown and ask for a description. Perhaps we may be tempted to say, "He's rather old, walks with a limp, and has a scar on his left cheek." Or, if we are more spiritually alert, we may be more positive in identification: "He's invariably punctual. Always looks cheerful, and children love him—and no wonder. He obviously loves everyone."

Then, again, there is the inquiry from the potential employer: "Do you recommend Miss Smith as a competent, congenial person to have on the staff?" We may want to identify Miss Smith as the spiritual, perfect child of God she truly is; but human honesty may require us to mention certain factors she still needs to correct and skills she needs to attain, in addition to pointing out her good qualities.

Christ Jesus identified himself sometimes as the Son of God and sometimes as the Son of man. His identification of others varied from "salt of the earth"¹ to "generation of vipers,"² and "that fox."³ His purpose at all times was to heal, and one cannot doubt that he always kept in view the fact that in truth all people are the perfect sons and daughters of God, never separated from their spiritual source, reflecting the qualities of divinity. Yet he did not close his eyes to negative traits that would obscure the inherent goodness of true individuality. And his denunciation of these errors often led to healing—as when the Master challenged the unclean spirit called Legion and allowed it no more to identify itself with the man who lived among the tombs at Gadara.⁴

Commenting on this incident, Mrs. Eddy writes in *Science and Health with Key to the Scriptures*: "It is recorded that once Jesus asked the name of a disease,—a disease which moderns would call *dementia*. The demon, or evil, replied that his name was Legion. Thereupon Jesus cast out the evil, and the insane man was changed and straightway became whole. The Scripture seems to import that Jesus caused the evil to be self-seen and so destroyed."⁵

The lesson in this account, for us today, is on the need to correctly identify ourselves and others. However long an error has associated itself with a person—it may be so long that the individual has become accustomed to it and is even resigned to permanently identifying himself with it—we should be awake to detect the hoax. We can then challenge the error in our own thought and let it be self-destroyed, leaving the victim free to be correctly identified only with his God-given individuality, and so healed.

Christian Science is invaluable to humanity, providing, as it does, a clear definition of the real man made by God and forever maintained by divine Principle in the deific likeness. This correct identification is constantly reiterated throughout *Science and Health*. "Man is the expression of God's being."⁶ "Man reflects infinite Truth, Life, and Love."⁷ A reader of this book cannot be in doubt as to the nature of his true being.

The purity of man's individuality in God's image is declared

by Science to be inviolate. Man is rightly identified with his divine origin and with nothing else. Any opposing, ungodlike characteristic that may appear in mortals is illegitimate—a presumptuous imposition that must be resisted, not condoned and perpetuated.

The Mr. Browns and Miss Smiths of the world are, in fact, God's offspring. Their identity is the reflection of Truth, Life, and Love, and they include all of and only the qualities of their divine creation. They are neither young nor old, neither lame nor scarred. They include the abilities and capabilities of divine Mind, the completeness and substantiality of Soul. If there appears humanly to be a discrepancy between the scientific explanation of man and the way mortals would describe him, we can correct this fault through spiritual identification and thereby promote healing.

NAOMI PRICE

¹ Matt. 5:13; ² 12:34; ³ Luke 13:32; ⁴ See Mark 5:2-20; ⁵ *Science and Health*, p. 411;
⁶ *ibid.*, p. 470; ⁷ *ibid.*, p. 94.

Being

Because the

I AM is

I am
thou art
she is, he is

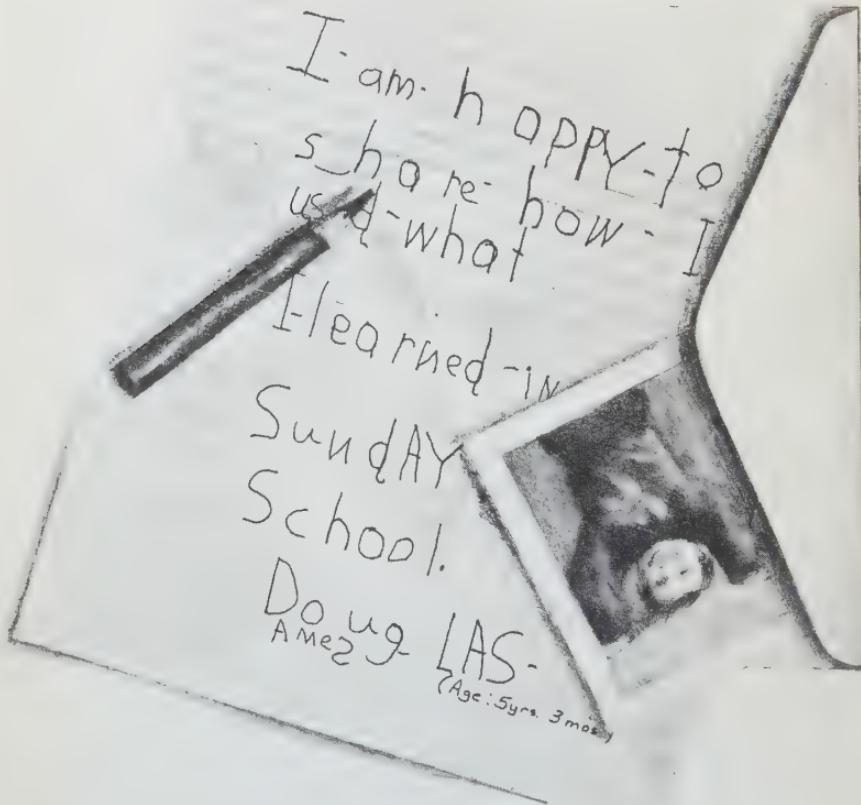
we are
you are
they are

for ever

BRYAN G. POPE

Claim it—it's yours!

Carole Trotter Ames



"Mother, I won't ever get my award patch in gymnastics! I've tried, but I can't do the tripod. My teacher says I can't get the patch until I can do it." Doug was near tears; the other five-year-olds in the class had the award patch already sewn to their uniforms. But doing the tripod correctly seemed impossible to Doug.

His mother stopped her work and pulled him onto her

lap. They sat quietly for a few moments, and then she asked, "Doug, do you remember talking about dominion in Sunday School class last week?" When Doug went to the Christian Science Sunday School, his teacher told stories from the Bible and helped him understand the lessons these stories had for him. He had also been remembering simple statements from the Christian Science textbook, *Science and Health* by Mary Baker Eddy. Every Sunday the class talked about how they were using these truths to heal.

Doug answered, "Yes, I remember. If I have dominion, it means I'm in charge. It means I'm the boss because I am God's child."

"That's right, Doug!" said Mother. "Now, why don't you claim your dominion over the tripod? All you have to do is claim it."

"What does 'claim' mean, Mother?" Doug asked.

Mother thought for a moment. "Doug, let's pretend you had been to a movie and had left your coat behind. When you went back to the theater, someone told you that the theater manager had found the coat and was holding it in his office for the owner. You would need to go to the manager and say, 'I'm Doug. That is my coat. It has my name in it. Thank you.' That would be 'claiming' your coat, that is, letting him know it's yours to own and use. Even though your coat was there all the time, you couldn't use it if you didn't claim it, could you?"

"No, I guess not," said Doug thoughtfully.

"And you couldn't have it if you listened to someone try to tell you there was no sense in trying to claim it. Now, God has given you dominion, hasn't He?" continued Mother.

"Yes, it says so in the Bible," said Doug excitedly. "We read it last Sunday. It's in the very first pages."

"Let's read it again." Mother reached for her Bible. She read, "And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of

the sea, and over the fowl of the air, and over the cattle, and over all the earth.”¹

“What would happen if you didn’t claim this God-given dominion, Doug?” asked Mother.

He looked down at the toes of his sneakers. “I guess it wouldn’t do me any good to have it.”

Mother went on. “You can claim this dominion over anything that would seem to be in the way of your having what truly belongs to you, such as ability and confidence. You can say something like this: ‘I have dominion and ability. It’s mine. It has my name on it as God’s perfect child. Thank you, God.’”

Doug began to smile. “And I don’t have to listen to any wrong thought that would tell me there’s something that’s too hard for me to do.”

Mother patted his shoulder. “Since you’re God’s child, Doug, there’s nothing too hard for you.” She opened the Bible to another place. “The Bible also says, ‘I can do all things through Christ which strengtheneth me.’² You can claim that truth for yourself!”

Doug climbed down happily from his mother’s lap.

Several weeks later Doug came running in from gymnastics class excitedly waving a bright blue patch. “I got it, Mother! I claimed it! I did the tripod!”

“That’s wonderful! How did it happen?” asked Mother.

“Every time I tried to do it, I remembered I have dominion and can claim it. It has my name on it!”

“You accepted your dominion and used it, didn’t you, Doug?” Mother got up from her chair. “Now, let’s sew that patch on!”

¹ Gen. 1:26; ² Phil. 4:13.

[Healing experiences in *Sentinel* articles for children as well as adults are carefully verified.]

To gain a better perspective on these times

The rapid pace of today's changing world challenges many. You can cope, though. You can find a new view of today's events and trends from the unique perspective of a spiritual standpoint.

Two books by Mary Baker Eddy that can be of significant help are *Miscellaneous Writings* and *The First Church of Christ, Scientist, and Miscellany*.

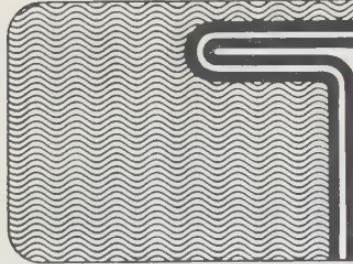


With the *Concordance to the Writings of Mary Baker Eddy*, you can become more aware of what Jesus referred to as "signs of the times." You'll see how Truth is changing things. You'll feel assurance in these advancing spiritual times.

You can learn, too, how to bring healing insight to various disturbing trends in human thought by studying references in Mrs. Eddy's writings on such topics as "crime," "hunger," "strife," "divorce," "materialism."

Your study can show you how to pray for your own and others' benefit. The librarian at your nearby Christian Science Reading Room will be happy to help you in your study. The Reading Room has the books you need.

Miss Frances C. Carlson, Publisher's Agent
One Norway Street, Boston, Massachusetts, U.S.A. 02115



Testimonies of Christian Science Healing

About five and a half years ago, I went through a second divorce. I began to look for a new source of happiness and love by indulging in drinking and promiscuity. But it seemed that the more I drank and the more promiscuous I became, the more unhappy I was. I didn't grow up in a religious family, so it didn't occur to me to turn to God at the time.

Then, a year and a half ago, it seemed that I had reached a breaking point—both mentally and physically. I felt that no one cared about me. I was suffering from co-

Suicide is not a solution litis—a condition the doctor told me was a result of anxiety. He had prescribed tranquilizers and other types of medication to ease my pain, but none of them helped. I constantly stayed in a doped and drunken state, in an effort to make it through one more day. The drugs and alcohol seemed to be the only way I could face myself.

Unknown to me, the owner of the apartment I lived in was a Christian Scientist. One day he dropped by to visit me. I had mentioned my illness to him before, and now he spoke to me about Christian Science. I had never heard of it, but he gave me a copy of *Science and Health with Key to the Scriptures* by Mary Baker Eddy and told me that he thought it could help me if I read it. I've always been an avid reader, and although I had many doubts about this religion, I read the book out of curiosity.

About this time I learned that a friend of mine was also a Scientist. I called her frequently to ask questions about what I had

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

been reading in *Science and Health*. But despite her help I became discouraged. It seemed to me that Christian Science was a religion for "good" people like my friend—not for me. I began to seriously consider taking my life by overdosing on pills.

On an evening that I was extremely distressed, I called this friend and told her that I was considering suicide. I'll never forget the love and understanding she expressed! The spiritual truths which she spoke made me realize that suicide was not the solution to my problems. Her words helped me see that I could find my answer through an understanding of God as Christian Science explains Him. She recommended that I call a practitioner for help through prayer, which I did. Within a few weeks after my first meeting with the practitioner, I threw away all my medicines, and less than three months after I started studying Christian Science, I realized that the colitis had been healed. This healing has been permanent.

I felt redeemed—
the burden
of guilt lifted

I was very appreciative of this healing, but I still found myself battling feelings of guilt over my past. I believed that I had done too much to ever be forgiven, and I doubted that I would be able to overcome the drinking and promiscuity.

Many times when frustration overwhelmed me with the feeling of failure, I would put all the Christian Science literature I had in a closet, determined never to read another word. I even contemplated selling or giving away my Bible and *Science and Health*. However, after a few days would pass, the desire to read and study would be too strong, and I would get everything out of the closet again and start studying. Soon, I began fairly regular attendance at Wednesday evening testimony meetings and Sunday church services at a local Church of Christ, Scientist.

During this time I began suffering from hay fever—a problem that had bothered me all of my life. One evening when the symptoms were quite aggravated I decided it was time I gave myself treatment in Christian Science. I knew the suggestion that one idea in God's kingdom could possibly harm another idea was a false belief. One passage in *Science and Health* was particularly meaningful to me (p. 175): "What an abuse of natural

beauty to say that a rose, the smile of God, can produce suffering! The joy of its presence, its beauty and fragrance, should uplift the thought, and dissuade any sense of fear or fever. It is profane to fancy that the perfume of clover and the breath of new-mown hay can cause glandular inflammation, sneezing, and nasal pangs." I also studied references on the word "hereditary," as many in my family suffered from the same condition.

Not long after this I was in a room with a cat. Even though I loved them, I had always been extremely allergic to cats. Without thinking, I picked the animal up and began petting it. I suddenly realized that there was no allergic reaction any longer—I was completely healed. This happened over a year ago, and the healing has been permanent. This further demonstration of God's omnipotence and allness in my life made me realize that perhaps there *was* hope that my past could be forgiven.

With the help of a practitioner I was able to outgrow the belief that I had a material past. I began to understand that to leave sin entirely behind is to be forgiven. In reality, man, as God's idea, coexists with Him eternally. To coexist with Spirit is to know only purity, harmony, and satisfaction, and this existence precludes the concept of a vacillating mortal who is either sinful or good as he chooses. I felt redeemed, and the burden of guilt was completely lifted.

My desire for alcohol has disappeared, and the understanding that happy companionship is already a part of my life as a reflection of God's completeness has brought satisfying relationships. Not long ago I married a wonderful man who loves Christian Science as much as I do. Our marriage is a provision of divine Love's omnipotence and omnipresence.

What gratitude I feel for having been released from believing that I was a doomed mortal! Now I am learning more and more of the freedom that comes from knowing myself as God's man. The most valuable and meaningful gift that I've ever received was a copy of *Science and Health*, and the only appropriate words left to say are, "Thank you, God!"

PAULETTE RIEDEL
New Braunfels, Texas

In the 1960's, one of our children became desperately ill, and the doctor was unable to help. At one stage my distraught wife hastened to a neighbor's to telephone the doctor. This neighbor happened to be a Christian Science practitioner. We knew nothing of Science, but our friend talked to my wife with great motherliness, sharing truths of the baby's spiritual perfection as God's child. Eventually my wife's fears were eased, and the baby was healed.

I had battled poor eyesight for some time. When it became increasingly difficult to see, I decided to consult an optometrist. As I sat in the waiting room, reading a back issue of the *Sentinel*, I was prompted to pray vigorously for the welfare of mankind, recognizing the true, flawless nature of each of God's ideas. I began to forget *my* problems as I acknowledged God's perfect spiritual creation.

Poor eyesight and obesity healed

Suddenly it was my turn. After a thorough examination I was told that my eyes were fine and I didn't need glasses. As I had forgotten my personal problems and prayed with a desire to bless, the healing had come.

Overweight had plagued me since early childhood. For years our family had believed that the obesity was an inherited trait and that it was also connected with an operation I had undergone as an infant.

Now I refuted these cherished beliefs, understanding that a spiritual idea expresses such God-derived qualities as symmetry. As in the situation connected with eyesight, I had been dwelling too long on *my* difficulties. Now I gladly abandoned preoccupation with the material senses. Christ Jesus said (Luke 12:22), "Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on."

And Mrs. Eddy writes (*Science and Health*, p. 383): "One says: 'I take good care of my body.' To do this, the pure and exalting influence of the divine Mind on the body is requisite, and the Christian Scientist takes the best care of his body when he leaves it most out of his thought, and, like the Apostle Paul, is 'willing rather to be absent from the body, and to be present with the Lord.' "

With this improved view of body and how to care for it through spiritual reasoning, I began to lose weight, although I was unaware of this until my clothes no longer fitted me. I lost well over thirty pounds without dieting and have continued to maintain a normal weight.

Other benefits include an instantaneous healing of the smoking habit. I am deeply grateful for the blessing of class instruction, which has brought much that is priceless into my life.

STEPHEN J. BEECROFT
Winona, Ontario, Canada

I am the child mentioned in the first part of this testimony. I was very young at the time of my healing; I'm now sixteen years old. Like all the members of our family, I have relied on Christian Science ever since. I am a member of The Mother Church and our local branch church, where I've served on a committee.

SALLY E. BEECROFT



[Original in Spanish]

Innumerable blessings have come to me during the twenty-eight years I have been a student of this marvelous Science. What I am most grateful for is the spiritual help I received when my son was given up by the doctors. It was then that I found Christian Science. My son and I began the study of the Bible and of *Science and Health* by Mrs. Eddy. The medical prognosis did not come to pass, and thanks to Science my son was able to live a useful and happy life.

We have had many healings. One of them occurred when my husband and I were on a trip through Europe. In Greece we were waiting for the guide who was to take us to visit the ruins. My husband went downstairs to receive her. As he went toward the door he thought that it was open, for it had large panes of glass, and they had just been washed. He hit his forehead so hard that he fell down and also hurt the back of his head.

When I went to him, I whispered in his ear that he should not be afraid, that I was going to pray for him, and that since there

are no accidents in God's kingdom, there is no evidence as a result. I acknowledged his true identity and thanked God for the opportunities we had had visiting various countries. I also acknowledged that since He was giving us so much protection on our journey, this lie was not going to becloud our recognition of God's love.

In a few minutes my husband showed relief—the inflammation went down, the head pains were subsiding, and we were able to go up to the ruins. We walked a great deal, and when we returned, the guide, surprised, asked me what I had applied, since she had thought that my husband would not be able to walk. Briefly, I explained how Christian Science works. She became so interested that she asked me for literature. I sent her a copy of *Science and Health* from Rome, and she wrote to thank me, for she was studying it.

**Spiritual identity—
untouched by accident**

I have been healed by Christian Science of typhoid in a few days and also of other physical ailments. Financial lack has been replaced by abundance through the understanding of true substance. Discordant relations with relatives have been resolved harmoniously.

Primary class, which was taught in Spanish, was a progressive step for me that has brought many blessings into my life and home. God has abundantly supplied me through His grace, always providing me with everything necessary to travel the long distance to attend the association meeting each year.

My gratitude to God is without measure for our great Master, Christ Jesus, and for our selfless and loving Leader, Mrs. Eddy.

CONSUELO D. DE TÉLLEZ
Mexico City, Mexico



I started going to the Christian Science Sunday School when I was three. I've been healed of chicken pox, and measles too, in a very short time. And last summer when I was away at camp I was healed of warts on my hands and legs.

One day last year, while Mom was driving our car pool to

school in the morning, I started to feel ill. When I told Mom, she said I could stay in the car and go home.

On the way we talked about how God loves and cares for me just like He cares for the birds we could see out the car window.

"I am learning how to heal" We also talked about how I can trust God to help me—the way I trust my mom—because He loves me so. Mom told me about something Mrs. Eddy wrote in *Science and Health* (p. 326): "All nature teaches God's love to man, but man cannot love God supremely and set his whole affections on spiritual things, while loving the material or trusting in it more than in the spiritual." Then, together we remembered some of the hymns I had learned in Sunday School.

When we got home, I knew I was healed. I'm so glad that I am learning how to heal in Christian Science.

CHRISTOPHER TOWLE
St. Louis, Missouri



When I was a teen-ager, I had frightening seizures. These attacks caused periods of unconsciousness lasting from a few minutes to an hour, and they left me physically exhausted and mentally disoriented. Although some of my family were interested in Christian Science, others who were not yet serious about this religion were greatly concerned. I was taken to physicians and neurosurgeons, but they were unable to diagnose the condition and could promise no cure. For thirteen years I suffered from this physical problem, vacillating between medical assistance and a halfhearted reliance on Christian Science treatment.

Then the day came when I chose to rely wholly on Christian Science for healing. I began to see the logic in this statement by Mrs. Eddy (*Science and Health*, p. 167): "The scientific government of the body must be attained through the divine Mind. It is impossible to gain control over the body in any other way. On this fundamental point, timid conservatism is absolutely inadmissible. Only through radical reliance on Truth can scientific healing power be realized." Thus began my serious study of

the teachings of Christian Science. I read the Bible and *Science and Health* almost exclusively. A Christian Science practitioner helped me see myself, not as I thought others saw me, but as God made me—complete and perfect in His likeness.

One night I was seized by another of these attacks. As I turned wholeheartedly to God, I recalled the phrase, "Come out from among them, and be ye separate" (II Cor. 6:17). I accepted this invitation to separate myself, through spiritual understanding, from the suggestions of disease that were claiming to assail me. I got out of bed and went and sat on the stairs. Beautiful truths rushed to the forefront of thought. Then mortal suggestion whispered, "Just relax. You've had this before, and if you stay calm, it will pass."

Hours of prayers and study had fortified me with spiritual conviction. With a vigorous silent "No!" I denied this temptation to accept the lie as real and able to form its own conditions. I knew that God, good, had never made disease, and as His beloved child, I could not be made to suffer. In my spiritual identity as a perfect idea of God, freedom was my birthright.

During that inspired moment the total unreality of this physical difficulty was so clear to me that I knew I was healed. I was ready for proof of this statement of Christ Jesus' (John 8:31, 32): "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free."

Since that night on the stairs, I have had no recurrence of the attacks, and I've enjoyed years of perfect health. When I remember the trying times, I don't think of the fear or suffering, but only of the opportunity afforded me to prove that the Christ heals today, just as it did in Jesus' time.

I am very grateful for the practical application of Christ Jesus' words and works, which Mrs. Eddy brings out so clearly in her book *Science and Health*. I am especially happy that my whole family is growing in a deeper understanding of the healing Christ, Truth. May God lead each of us to understand Him and so bless all mankind.

Freed from recurring seizures

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Denver, Colorado

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AUSTRALIA

NEW SOUTH WALES—**Beverly Hills:** Tues, Oct 16, "Where in the World Is God?" (McClain)*

Bowral: Sat, Oct 20, "The Key to the Mystery of Creation" (McClain)*

Rose Bay: Sun, Oct 14, "The Key to the Mystery of Creation" (McClain)*

Sydney (Fourth): Mon, Oct 15, "Why Spiritual Healing?" (McClain)*

QUEENSLAND—**Toowoomba:** Q.C.W.A. Hall, 263 Margaret st, 3pm‡, Sun, Oct 7, "Where in the World Is God?" (McClain)

FEDERAL REPUBLIC OF GERMANY AND WEST BERLIN

Berlin (Third): Saal 3, Internationales Congress Centrum, Messedamm 22, 4pm‡, Sat, Sept 29, In German, "The Royal Law" (Timpson)

Sindelfingen: Stadthalle, Eingang Schillerstr, 5pm, Sun, Sept 23, In German, "The Royal Law" (Timpson)

ENGLAND

AVON—**Bristol** (First): Sat, Oct 27, "Justice Under God's Care" (Henderson)*

Bristol (Second): Church, 51 North View, Westbury Pk, 7.30pm‡, Tues, Nov 27 (Timpson)*

ESSEX—**Chelmsford:** Thurs, Oct 18, "Justice Under God's Care" (Henderson)*

GREATER LONDON—**Croydon:** Arnhem Gallery, Fairfield Halls, Park lane, 8pm, Mon, Nov 26 (Timpson)*

Kingston-upon-Thames: Church; 12 Penrhyn rd, 8pm‡, Fri, Oct 26, "Use Your Spiritual Power" (Henderson)

Leytonstone: Church, 161 Whipps Cross rd, 3pm, Sat, Nov 17, "The Royal Law" (Timpson)

LONDON—**London** (Third): Church, 7 Curzon st, 7pm, Tues, Oct 23, "Justice Under God's Care" (Henderson)

London (Ninth): Church, 9–23 Marsham st, Westminster, 3pm‡, Sat, Nov 24, "The Royal Law" (Timpson)

SURREY—**Claygate** (First, Claygate and Esher): Fri, Oct 19, "The Glory of Spiritual Evolution" (Henderson)*

WEST MIDLANDS—**Birmingham** (Second): Sat, Oct 20, "The Glory of Spiritual Evolution" (Henderson)*

WEST YORKSHIRE—**Bradford** (First): Library Theatre, Princes Way, 8pm, Tues, Oct 16, "The Glory of Spiritual Evolution" (Henderson)

WILTSHIRE—**Swindon:** Sun, Oct 21, "The Glory of Spiritual Evolution" (Henderson)*

NORTHERN IRELAND

Belfast: Church, 2/4 University av, 8pm, Thurs, Oct 11 (Henderson)*

CANADA AND UNITED STATES

(Week of September 2 to 8)

CANADA

ONTARIO—**Thunder Bay** (Second): Rm 351, Confederation College, Edward st, 8pm, Fri, Sept 7, "The Touch of Spirit" (Clarke)

UNITED STATES

MINNESOTA—Minneapolis (First): Guild Hall, Plymouth Congregational Church, 19th and Nicollet av, 11am, Sat, Sept 8, "Prayer Is Effective in Our Economy" (Leever)

St Louis Park: Union Congregational Church, 3700 Alabama av, 8pm, Fri, Sept 7, "No, You're Not Trapped!" (Leever)

MISSOURI—Washington: Church, 109 E Third st, 8pm‡, Thurs, Sept 6, "The Consciousness of the Healing Christ" (Grant)

NEW HAMPSHIRE—Claremont: Goodwin Community Center, 130 Broad st, Sat, Sept 8, "Christ—The Light Shining in Darkness" (Jeffery)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

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THE CHRISTIAN SCIENCE TEXTBOOK

Science and Health with Key to the Scriptures by Mary Baker Eddy is the textbook of Christian Science. It is available in English, in English-Braille, and in Danish, Dutch, French, German, Greek, Indonesian, Italian, Japanese, Norwegian, Polish, Portuguese, Russian, Spanish, and Swedish. It may be obtained from any Christian Science Reading Room, or ordered directly from MISS FRANCES C. CARLSON, Publisher's Agent, One Norway Street, Boston, MA, U.S.A. 02115.

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After reviewing the requirements of membership, you fill out the form and take it to any Mother Church member who might sign as your "approver." This member interviews you and forwards the signed application to a teacher of Christian Science for countersignature. Applications received by May 1 or October 1 are acted upon in June or November, respectively.

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Meetings at which testimonies of Christian Science healing are given are held in Christian Science churches on Wednesdays. A cordial invitation to attend these meetings, as well as the Sunday services, is extended to all. Information telling where and when these are held is given in the Directory in *The Christian Science Journal*.

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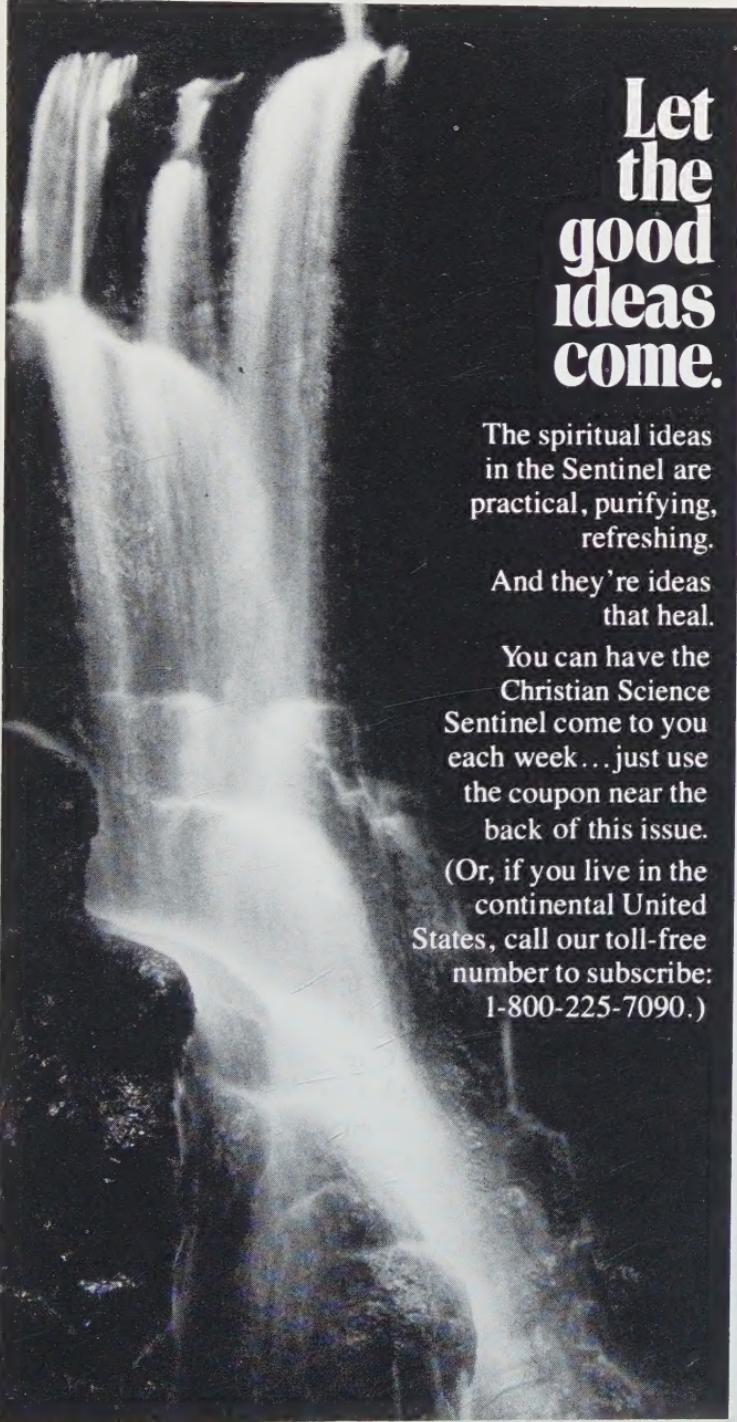
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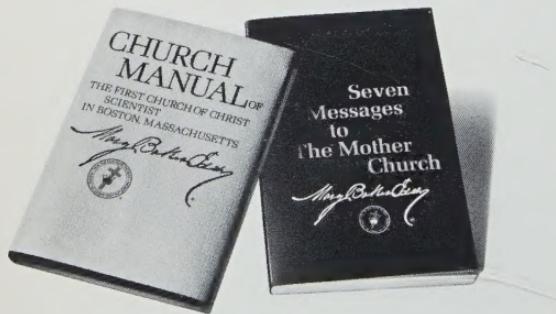
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